

## THE CLAIMS

What is claimed is:

1. A cosmetic composition comprising an active ingredient comprising a fatty acid or an antiandrogenic sterol from *Serenoa* or from *Cucurbita* seeds in a therapeutically effective amount sufficient to provide a retarding action on the growth of superfluous hair.
2. The composition of claim 1, further comprising anti-inflammatory or vasal protective agents.
3. The composition of claim 2, wherein the anti-inflammatory or vasal protective agents comprise at least one of: triterpenes from liquorice; saponins from a horse chestnut plant; triterpenes from *Terminalia sericea*; isobutylamides from *Zanthoxylum bungeanum*; ginkgoflavoneglucosides and terpenes from *Ginkgo*; polyphenols from grapes seeds; anthocyanosides from bilberries; saponins from butcher's broom; or a mixture thereof.
4. The composition of claim 3, wherein each anti-inflammatory or vasal protective agent is present in an amount from about 0.1% to about 3% by weight.
5. The composition of claim 1, which comprises a *Serenoa repens* extract and at least two anti-inflammatory or vasal protective agents.
6. The composition of claim 1, wherein comprises a *Cucurbita pepo* extract and at least two anti-inflammatory or vasal protective agents.
7. The composition of claim 1, further comprising a pharmaceutically or cosmetically acceptable carrier, excipient, or adjunct, which can form a complex with the active ingredients, thereby improving absorption or effectiveness.
8. The composition of claim 7, wherein the carrier comprises a phospholipid.
9. The composition of claim 1, wherein the active ingredient(s) are present in an amount from about 0.1% to about 3% by weight.

10. The composition of claim 1, wherein the composition is in the form of a liquid, a solid, or a semi-solid.

11. The composition of claim 1, wherein the composition is in the form of a lotion, a milk, a solution, an emulsion, a cream, a paste, a gel, a foam, or a combination thereof.

12. The composition of claim 1, which further comprises one or more conventional depilatory agents.

13. The composition of claim 12, wherein the one or more conventional depilatory agents comprise a thiol derivative; thioglycolic or thiolactic acid, or an alkali or alkaline-earth metal salt thereof; ethanolamine thioglycate; aminoethanethiol; mercaptopropionic acid; thioglycic or thioacetic acid; barium sulfate; or a mixture thereof.

14. The composition of claim 1, which further comprises a conventional depilation accelerator.

15. The composition of claim 14, wherein the conventional depilation accelerator comprises a urea, a thiourea, or a biguanide, or a combination thereof.

16. A cosmetic treatment method, which comprises applying to a region of the body having superfluous hair a composition comprising an active ingredient comprising a fatty acid or an antiandrogenic sterol from *Serenoa* or from *Cucurbita* seeds in a therapeutically effective amount sufficient to provide a retarding action on the growth of superfluous hair.

17. The cosmetic treatment method of claim 16, wherein from about 0.01 mL to about 0.1 mL of the composition is applied per square centimeter of skin area.